

**The Fastest Way To Become Better Swimmer!**

# **TriathlonSwimming**

**The 7 Biggest Mistake Triathletes Make In The Water  
And The 5 Steps You Must Take To Improve Your Swim  
Leg In Three Weeks - Gauranteed!**

*"This book provides some solid tips for any triathlete wanting to get  
faster in the swim"*

*- Sam Ashby, Australian World Championship Swimmer*



**Brenton Ford - Australian National Coach**

# **The 7 Biggest Mistakes Triathletes Make in Swimming**

By Brenton Ford from Effortless Swimming

Dear triathlete,

Imagine what your triathlon results would be like if your swim leg was your fastest leg.

If you could swim with the lead pack...imagine sitting on their toes and conserving energy for your bike and run....

No more choking on water...being kicked in the face...or starting your bike leg exhausted like it's the end of the race.

By reading this book you will discover:

- **The effects of swimming flat like a plank of wood and how the top triathletes break free of this habit**
- How To Swim Fast Without Tiring (And Finish The Swim Feeling Like You've Just Had 6 Cups Of Coffee)
- **Why 'Front Crawl' Isn't Really Front Crawl And What That Means For Your Technique**
- Why Moving Your Booty Like Beyonce Should Be Avoided At All Costs In Swimming
- **How To Pull Through With Power And Fix 'Single Speed' Syndrome**
- Why Talking To Yourself Doesn't Make You Crazy (And Can Actually Improve Your Swimming)
- **The Reason Why Boring Swimming Workouts Are Stopping Most Triathletes From Getting Faster**
- The 5 Steps To Faster, Smoother And Longer Swimming That Will Widen Your Smile And Make Your Swim Leg The Easiest Part Of Your Triathlon Plus Much More...

As an Australian National Master's Coach who's worked with national and world record breakers, you can be sure I can help you improve your swimming. I've come across hundreds of swimmers all with different body types and sizes and abilities. If you're looking for a way to get better you will find it here.

Now for the 7 biggest mistakes triathletes make in the swimming...

## **1. Swimming Flat Like A Plank Of Wood**

Some coaches will tell you that speed comes from kicking faster and pulling faster....sounds logical, right? Have you ever swum 50 metres at a blistering pace only to find yourself completely bugged at the end of it? This happens when you use your kick and pull to go faster...rather than your shoulder and hip roll.

Propulsion in swimming happens when we rotate from side to side. Think of it like a cricket player throwing the ball.

They can throw well over 100km/hr. When throwing that fast, do they stand with two feet planted on the ground and one arm resting by their side? Of course not! There's no momentum that way.

They use their entire body to generate enough momentum to throw the ball at that speed.

Swimming should be the same. Use the power you get from rotating your hips and shoulders to drive yourself forward in the water. It will save you energy so you can run out of the water knowing your going to have a great bike and run leg. The best way to improve your rotation in the water is with swimming drills.

## **2. The Uphill Battle Of The Water: Going for speed and not for length**

Speed in swimming is a combination to stroke length (how far you travel with each stroke) and stroke rate (how fast your arms turn over).

Have you ever noticed how some triathletes have a high stroke rate but seem to be going almost backwards?

This means they have a high stroke rate but low stroke length. Avoid this like chafe from your wetsuit. A good coach will be able to show you how to swim with a long and relaxed technique that is fast. Triathletes aren't to blame...it's the coaches.

You may have been taught to move your arms faster to go faster. While this isn't totally untrue, the biggest improvement in your swimming will come from traveling further with each stroke you take...and it's a hell of a lot easier!

With the right set of drills you will increase the distance you travel each stroke and will save yourself energy and have more speed like you're cruising downhill on your bike. No more uphill battles in the pool for you!

## **3. Want To Drain Your Energy Fast? Try Swimming On Your Front**

We mentioned how swimming flat like a plank of wood will slow you down like you've got someone holding onto your feet...but did we mention why 'front crawl' should never be called front crawl?

Imagine a big wide barge plodding down a river. Now imagine next to it is a long yacht, cruising gracefully past the barge.

You should be the yacht.

Think of swimming freestyle on your side, not on your front. Swimming on your side allows the body to travel further for each stroke. Not only is your body more streamlined which reduces your drag in the water, but being on your side gives you an extra few centimeters of length in your stroke.

Practicing this in your sessions during the warm up with the right drills or attending technique clinics is the fastest way to learn this type of technique.

#### **4. Moving Your Booty Like Beyonce**

Let's face it...people that can dance are damn cool. With hips moving side to side...sinking to the floor...they've got moves most of us could only dream of. What's not so cool is swimmers who do the same kinds of moves in the water.

'Snaking' in freestyle comes from your hips moving from side to side and a slow freestyle starts with your hips and legs sinking to the bottom. Triathletes typically have a lower body fat percentage than the general population. You might not float as well other types of swimmers...but it sure comes with it's advantages.

Try swimming with a 4kg weight strapped to your back and you'll realise why triathletes have the perfect body shape for fast swimming...lean and strong.

With the right dryland exercises (that take less than 10 minutes three times a week) you can keep your hips high in the water and swim much easier.

#### **5. Swimming Freestyle Like A One Speed Push Bike**

In swimming, effective propulsive movements are SLOW to FAST.

In every stroke you reach long, feel the water, catch and then accelerate through the pull to the recovery.

A powerful stroke starts with an effective feel on the entry and then a strong catch. Once you have got that strong catch, it's the acceleration through the stroke which makes all the difference.

A big mistake which amateur swimmers too often make is they pull through the water before they have reached long and 'caught' the water.

Missing this step causes bubbles on the hand as the swimmer pulls through. This makes the stroke ineffective as the swimmer is pulling through air and not able to accelerate by holding the water with their catch.

During the 'catch' phase of the stroke (between the hand entering and the pull through) the main objective is to reach long to reduce drag, and to allow the air bubbles to leave the hand and forearm. Once they have left, the swimmer can begin the pull through with maximum effectiveness.

The difference between pulling through without bubbles on the hand compared to pulling through with bubbles is many seconds difference.

If you can master the slow to fast movement with the arms and combine this with a 'no bubbles' approach to pulling through, you can drastically improve your swimming.

It's worth practicing the two disciplines until you get them right. It sure beats training harder and may allow you to improve your times with less effort.

## **6. Talking To Yourself Is Only For Crazy People**

Power words are words which if thought about while performing an action, can improve that action dramatically.

For example, imagine a golfer lining up to sink a 6 yard putt on the 18th hole. He needs to sink this shot for the win. The pressure on him to perform is enormous. Now pause for a moment. What do you think a professional golfer would be saying to himself? "HARD AND FAST...HARD AND FAST" or "STEADY...STEADY..."

The latter of course. In swimming it is no different. There are two power words which if thought about and repeated while swimming, your swimming will immediately improve. Not only in the way it feels, but in speed, in ease and in smoothness.

These two words are "LONG" and "RELAXED".  
Repeat them when you're swimming.

"LONG" and "RELAXED".

When I use this technique with swimmers who are starting out or have little experience, the results are dramatic. It's common to have swimmers tell me they 'finally get it' once they experience swimming long and relaxed.

What do I mean by 'long'?

Swimming 'long' means to be as torpedo-like as possible. You should imagine yourself reaching for the wall in each stroke and pulling right back past your hip. The longer you can make your body the less resistance you will create and the faster you will go.

What do I mean by 'relaxed'?

To go faster in swimming, you need to relax your body. Contrary to what comes natural when we attempt to speed up, you must relax your arms, your shoulders and your legs to increase your speed.

Rather than swimming 'tense', relax your muscles and allow yourself to power through the water without fighting it. This is absolute key to swimming fast.

During your next workout, imagine yourself swimming 'long' and 'relaxed' and instantly see the benefits.

## **7. Boring Workouts**

It's easy to skip a training session when you know you've got a boring set like 40 x 100's ahead of you. Sets like that aren't much fun. There are better ways to train...and better sets that will improve your swimming faster.

If your races are over 1km, you can't avoid doing some longer aerobic sets...but this doesn't mean your entire swimming program needs to be long and tedious.

The ideal training program incorporates drills, kick, pull, sprints and aerobic work. Good technique always trumps thrashing around in the pool. If you can get good at freestyle technique you can save yourself years of boring training sessions.

The best triathlete swimmers focus their training around good technique first and fitness second. It's the easy road...

How do you get good technique? Well it's definitely not reserved for a gifted few who were born with perfect technique. All it takes is a bit of practice (you're at the pool anyway...why not do some technique work right?). The fastest way...start with your body position in the water...then your kick...then your rotation...and finally your pull.

Most triathletes will find going through an instructional technique program that covers these areas with drills will quickly get you up to speed. The drills you learn from such a program can then be done in the warm up for a training session.

## **The 5 Steps To Faster, Smoother And Longer Swimming That Will Widen Your Smile And Make Your Swim Leg The Easiest Part Of Your Triathlon**

### 1. Set Your Target

Before you start anything new, it's good to know where you want to get to. Setting your goals is just like driving from Sydney to Melbourne. There is road you must take and if you stick to it...you will get there. Swimming is no different. If you've got the destination and the map -- all you have to do is start on your way. If your goal is measurable (like doing a specific time in your next race) you'll know what you need to do to get it. Look at your goal every day for better results.

### 2. Improve Your Technique

When you hit a plateau in your swimming and you feel your speed isn't improving, technique is usually the solution. There are a number of instructional DVD's, online programs and clinics available that can help you discover the right technique for you. If you prefer to keep slugging it out in the pool then you can ignore this part, but if you want a to improve your swimming this is the most important step.

### 3. Lock It In

Once you've got a solid technique program under your belt, it's time to put what you've discovered into action. Practice the drills in your warm ups and keep on swimming with good technique. You'll be going to the pool anyway to train...so it's easy to do a handful of drills while you are there.

### 4. Get Feedback

You're swimming faster and smoother than you ever have, now it's time to iron out the kinks. The best way to do this is to get coaching from an experienced swim coach who has results with other swimmers. Look for a coach who has top level swimmers and has proof of improving swimmers times and technique. A good coach will also perform underwater filming which gives great feedback on what you can't see above the water. Swimming clinics are run in most major cities in Australia and are great places to lock in those changes you've made

### 5. Doing The Training (The Right Kind)

Now your technique is kicking the butt of your competitors. You're starting to finish at the top of the field. Now it's good to have a training programs that will help you get where you want. If you

know what type of training you need stick with it. If you want help with your training programs a good coach will be able to write you a dozen programs for a few hundred dollars. Otherwise there are some good workout programs available online which are specific for triathlete training.

There are several programs available that will help you become a better swimmer. If you would like a program that follows the 5 steps to becoming a faster swimmer then try the mastering Freestyle Program.

**For a limited time you can try the Mastering Freestyle Program Risk Free For 60 Days And Get Two Months Of Training Workouts FREE!**

Go to [www.EffortlessTriSwim.com](http://www.EffortlessTriSwim.com) now and start swimming faster and easier today!